

EXAMINATION OF CONSCIENCE (YOUNG CHILDREN)

1. I am the Lord your God. You shall not have strange gods before Me.

- Do I give time every day to God in prayer?
- Do I put my trust in superstitions, good luck charms, rather than God alone?
- Have I rejected any Church teaching or denied that I was a Catholic?

2. You shall not take the name of the Lord your God in vain.

- Have I used the words "God" or "Jesus" in anger or irreverently?
- Have I used foul or ugly language?
- Have I wished evil on another?

3. Remember to keep holy the Lord's Day.

- Have I missed Mass on Sunday or a holy day of obligation (Dec 25th or Jan 1st in Canada)?
- Do I arrive at church late or leave early?
- Do I try to be reverent and pay attention during Mass?
- Do I avoid unnecessary work on Sunday?
- Do I make Sunday a day of prayer or rest?

4. Honor your father and your mother.

- Do I respect and obey my parents?
- Have I dishonored or mistreated them by word or deed?
- Am I willing to help around the house or must I be nagged a number of times?
- Do I try to get along with my brothers and sisters?
- Do I give a good example, especially to younger siblings?
- Do I respect others in authority: priests, nuns, principals, teachers, police, old people, baby sitters?

5. You shall not kill.

- Do I beat up others or otherwise hurt their bodies?
- Do I say cruel things, or make fun of others to hurt their feelings?
- Do I say mean things about others behind their backs?
- Have I stopped speaking to anyone?
- Do I encourage others to do bad things?
- Do I try to love all people – whether born or unborn?

6. You shall not commit adultery.

- Do I treat my body and other people's bodies with respect?
- Do I look at TV shows, websites, movies, or pictures that are bad?

7. You shall not steal.

- Have I taken things that were not mine from a store or another person?
- Have I destroyed or misused another person's property for fun?
- Do I return things that I borrow?
- Do I make sure that, when I return borrowed items, they are in good condition?

8. You shall not commit false witness against your neighbor.

- Am I honest in my school work?
- Do I tell lies to make myself look good?
- Do I tell lies to protect myself from punishment?
- Do I tell lies that make another person look bad or get them in trouble?

9. You shall not covet your neighbor's wife.

- Do I allow my parents to spend time with each another, or do I get jealous and want them to pay attention only to me?
- Do I get mad when I have to share my friends?
- Are there kids that I will not play with or be mean to because they look different?

10. You shall not covet your neighbor's goods.

- Am I jealous or envious of the things or abilities that others have?
- Am I thankful to God and my parents for what they have given me?
- Do I share the things I have with my family, friends and poor people?

ACT OF CONTRITION

Oh my God, I am heartily sorry for having offended You and I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve with the help of Your grace to sin no more, to amend my life, and to avoid whatever leads me to sin. Amen.